

The Nanaimo Lifeline Program



The Nanaimo Lifeline Call centre has evolved over the past 30 years. Keeping up with the technology in the call centre and all Lifeline products is sometimes challenging, but our main focus is keeping people living safely and independently in their own homes. Skilled and compassionate staff answers calls 24/7.

We have many positive experiences to share, here is one: "Recently the home of an elderly client, who is visually impaired, was flooding with water and she was panicking. I was unable to reach her responders so at her request I attempted to call her Church minister but the office was closed. Having nobody else I suggested a plumber, I reached one who could attend but not immediately. We called the client back every 15 minutes to reassure her and confirm that she was still okay. On our last call we spoke to the plumber himself who told us that a tap had broken and was spraying water into the home. I had the opportunity to speak with the client's friend the next day. She seemed thankful for our help and said the cleanup process was almost complete. Even though this client did not have a life threatening condition she was very scared and I was pleased that I was able to help her and reassure her while she was waiting for the plumber."

Check-In Service

Introducing the Nanaimo Lifeline Check-In "Short Term" Service

The fast, easy, affordable way to check on your loved one while you're away.

As a caregiver, you stay in contact with your loved one on a regular basis to ensure their needs are being met. But what if you are out of town on business, on vacation or for any reason unable to make those calls that your loved one counts on?

How the Nanaimo Lifeline 'Check-In Service' works:

1 - The Check-In call is made

Your loved one receives a friendly, caring, personal call once, twice or three times a day as directed by you, at the times you choose.

2 - We check on your loved one's well-being

We have a brief, friendly conversation with your loved one. We check on their well-being and whether they



1 Join the chair yoga group

require assistance. If all is well, we say goodbye until the next call.

3 - Help if needed

If we determine that your loved one is in distress and requires assistance, we immediately call the contact person you have designated or emergency services, depending on your loved one's needs.

To sign up or for more information call **250-739-5770**

Some Testimonials

The First Nations Beading Workshop:

"I would love to have a weekly beading class! It's awesome!"

"Beaded is so enjoyable and creative!"

"I feel very comfortable coming to these workshops."

The Women's Memoir Writing Workshop

"This workshop was incredible!"

"I never believed I had the skills to be an author, now I feel more confident to talk about my life story!"

Lifeline Check-in Testimonials

"I'm so thankful for these calls and all that you do (at Lifeline). I didn't want to, but I was worried that it may be time to go into a facility or leave my home, as I was worried that if something happened, that nobody would know... But these calls make it so that I can stay in my home and know that you will be checking on me every day."

Awareness Month

March is Colorectal Cancer month:



Colon Cancer Canada, with the support of celebrated Canadians, is launching the Colon Cancer Awareness Month with a hard hitting Public Service Announcement (PSA) campaign that promotes the message that people need to "talk about it."

March is Kidney Foundation month



Today, the Kidney Foundation of Canada is the national health charity committed to kidney health and to improved lives for all people living with kidney disease. Our vision for the future is an enduring legacy of those dedicated volunteers who, 50 years ago, started out with a compelling cause and the resolve to make a difference.

March is also National Nutrition month.



Each year, a Nutrition Month theme is selected by Dietitians of Canada based on a scan of the environment and with input from members. Themes have varied from the 1988 campaign on "Healthy Weights in 88" to "Nourishing



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our Children’s Future” in 1994 to “Get the real deal on your meal” in 2012 to “Take a 100 Meal Journey” in 2016. In 2017 the slogan for the campaign is *Take the fight out of food! Spot the problem. Get the facts. Seek support.*

Getting more high-quality protein in your diet

As you age, eating sufficient high-quality protein can improve your mood, boost your resistance to stress, anxiety, and depression, and even help you think clearly. However, eating too much low-quality protein from industrially raised red meat and processed meat products, such as hot dogs, bacon, and salami, may increase your risk of heart disease, cancer, or other health problems.

- Vary your sources of protein instead of relying on just red meat, including more fish, beans, peas,

eggs, nuts, seeds, milk and cheese in your diet.

- Reduce the amount of processed carbohydrates you consume—from foods such as pastries, cakes, pizza, cookies and chips—and replace them with high-quality protein.
- Opt for cheaper cuts of organic, grass-fed red meat rather than expensive cuts of industrially raised meat.
- Try a “meatless Monday” each week—plant-based protein sources are often less expensive than meat, so it can be as good for your wallet as it is for your health. A “fish Friday” can help encourage you to eat more seafood.
- Snack on nuts and seeds instead of chips, replace a baked dessert with Greek yogurt, or swap out slices of pizza for a grilled chicken breast and a side of beans

Quick Aboriginal Facts

Did you know the traditional names of the local First Nations are: Snuneymuxw (Nanaimo), Snawnavas (Nanoose), and Stz’uminus (Chemainus)..

**22ND ANNUAL
OCEANSIDE FAMILY
HEALTH AND
WELLNESS FAIR**
Parksville
Community and
Conference Centre
132 Jensen Ave East,
Parksville

Sat, Mar 18th, 10:00-4:00
Sun, Mar 19th, 10:00 – 3:00

SENIORS CONNECT - WHAT’S ON MARCH 11- April 1

The Seniors Connect Centre is located at 150-B Wallace Street, between Wentworth and Campbell Street, and is close to the Caledonia Clinic. The centre is staffed five days per week between 9am and 4pm. Seniors may drop in from 10am to 3pm on Monday, Tuesday and Wednesday, socially engage with other older adults; join a game of cards, enjoy a cup of tea and make new friends. For the many other events at the centre please visit: www.nanaimoseniorsconnect.ca/events/ to see the calendar or phone 250-591-2924. See the list below for events in March. Better yet, why not register your name with the Centre so that you can receive a social phone call from the Check-in service letting you know. **N.B. Classes are subject to change and cancellation. Please call 2505912924 to verify.**

12 Sunday	13 Monday Drop-in 10:00-3:00	14 Tuesday Drop-in 10:00-3:00	15 Wednesday Drop-in 10:00-3:00	16 Thursday Chair Yoga - 10:45 Cooking on a budget 10:00	17 Friday Cooking with Seniors Connect - 10:00 Men’s Light Exercise - 1:00	18 Saturday 22 nd Annual Oceanside Family Health and Wellness Fair Parksville 10:00-4:00
19 Sunday 22 nd Annual Oceanside Family Health and Wellness Fair Parksville 10:00-3:00	20 Monday Drop-in 10:00-3:00	21 Tuesday Drop-in 10:00-3:00	22 Wednesday Drop-in 10-3 Cedar Bark Weaving with Mary Martin - Wed, Mar 22 nd , 2017 - 5:00pm Location: Uplands Walk. N.B. Open to Uplands Walk residents only.	23 Thursday Scams and Fraud Awareness - 10:00 Gentle Hawaiian Dancing - 1:30	24 Friday Cooking with Seniors Connect - 10:00 Men’s Light Exercise - 1:00	25 Saturday
26 Sunday Poetry Slam - 11:00 @ CVIMC, 101- 319 Selby St	27 Monday Drop-in 10:00-3:00	28 Tuesday Drop-in 10:00-3:00	29 Wednesday Drop-in 10-3 Grieving Losses During a Dementia Journey 1:30	30 Thursday Chair Yoga - 10:45 Cooking on a budget 1:30	31 Friday Essential Life Skills for Healthy Relationships for Seniors; Effective Communication -1:30	1 Saturday